

Activities and Healthy meals for children



This is a helpful information booklet filled with delicious healthy recipes and fun exercises activities for the whole family! Try out a new sports game or a new meal idea at home!

These simple activities aim to promote out of school exercise, require little to no equipment and can involve the entire family. Stop at the park on the way home from school or have a Sunday afternoon session at home; even an extra 30 minutes of out of school exercise per week is beneficial.

Did you know?

- Eating a balanced diet can put you in a good mood - people who have a balanced diet have better mental health!
- Fruit is better than the juice! In fact, a raw unpeeled apple has almost 10 times more fibre than a cup of apple juice.
- Food is fuel! Like a car, your body needs the right fuel to perform at its best. Fruits and vegetables are the perfect foods to fuel your body for the whole day.

Discover more at activefusion.org.uk



Physical Activities

Outside



Outdoor activities can be created using many household items to replace cones, such as water bottles, shoes and items of clothing.

Adults should make judgements on whether the space is suitable for the activity to ensure safe practice.

Here are a few activities that you can try in the park:



Athletics

Standard Running Race:

- With a cone, water bottle, shoe or item of clothing, mark a “starting line” and a “finish line”.
- Stand at the finish line to judge the winner of the race
- Count down from 3 to start the race and watch who crosses the finish line first.

Note:

- If there is no one to race with, use a timer or count the time it takes for the participant to cross the line and encourage them to beat their time on the next go.
- Participants could also be encouraged to run to the line, pick up an item such as a water bottle and run back to the start line
- "cones" could also be placed in a large square and participants could run around the square to challenge agility and change of direction.



Football

- With cones, water bottles, shoes, or items of clothing, create a straight line with approx. a meter of space in between.
- Participants can practice dribbling with a ball by weaving in and out of the “cones”
- A goal can also be set up at the end of the dribbling course for target practice with two extra “cones”

Note:

- To make this harder, a timer could be used to encourage participants to complete the dribbling course in a faster time
- To turn this into a race, two lines can be created with “cones” and participants can race to score a goal
- Someone could stand in the goal to make shooting harder.



Rugby

Throwing, Catching and Touching the Base

- Set up three “cones” approximately 5 metres apart.
- The participant will stand next to the middle cone while the adult or other participant will stand at one of the end cones.
- The adult will throw a ball to the participant
- The participant will then run with the ball to the other “cone”, touch the “cone” with the ball and run back to their cone
- The participant will then throw the ball back to the adult
- This can be repeated many times to practice throwing, catching and touching the base

Note:

- This can be made easier or harder by moving the distance between the “cones”
- If both participants wish to run, an extra cone can be added so that as each participant catches the ball, they can run to the cone behind them.



Dance

Dance Like Emotions

- Adults play music from their tv, phone, cd player, radio or on any device that provides music
- Adults then say an emotion such as happy, angry, sad, excited, scare, silly, scary and shy
- Participants should try and dance like the emotion that their adult has given to them

Note:

- This activity can be done on-the-spot or in a space
- Participants can be encouraged to isolate a part of the body to move, such as hands or shoulders



Gymnastics

Balance Practice

- Participants can be tasked to come up with balances that are created with varying points of contact.
- Points of contact can be: 2 hands & 2 feet, 2 hands & 1 foot, 1 hand & 2 feet, 1 hand & 1 foot
- They can be encouraged to create symmetrical balances and asymmetrical balances

Note:

- Participants can also be encouraged to balance with a partner, they can work together to create the balances above
- Participants can also include a point of connection with their partner
- Participants can also be challenged to move from one balance into another in a smooth transition, creating a sequence of movements.

Breakfast - Porridge

Ingredients

- porridge oats
- semi-skimmed milk (or non-dairy alternative)
- honey
- the fruit of your choice such as:
 - bananas
 - apples
 - strawberries
 - raspberries

What you will need

- Cutlery
- Saucepan
- Wooden spoon

Method

1. Put oats and milk in a saucepan, non-stick if you have one and gradually bring to the boil
2. Once it has come to the boil turn it down and simmer for 5 to 10 minutes depending on how tender you like your oats
3. Stir it occasionally
4. If it gets too thick, just add an extra drop of semi-skimmed milk or water
5. If you want to microwave the porridge, just follow the instructions on the pack
6. Serve with honey and your choice of fruit

Serving suggestions

Chop strawberries and bananas into your porridge or add a handful of frozen summer berries like raspberries, blackberries or add sunflower seeds!

Lunch - Cous Cous Salad

Ingredients

- 60g / 2oz couscous (per person)
- ½ 400g can chickpeas
- cherry tomatoes, halved
- 1 medium red pepper, finely sliced
- 4 slices of cucumber, finely chopped
- ½ garlic clove, crushed
- ¼ lemon, juice

What you will need

- Chopping board
- Chopping knife
- Cutlery

Method

1. Tip the couscous into a medium sized bowl and pour enough boiling water over to just cover all of the couscous grains.
2. Cover and leave for 10 minutes or until all the water has been absorbed.
3. Fluff up the couscous with a fork.
4. Add the remaining salad ingredients and mix well.

Serving Suggestion

Serve alongside fish or chicken to turn this meal into a dinner option.

Dinner – Roasted Vegetable Pasta

Ingredients

- A number of vegetables of your choice such as:
 - Onion, Red, Green or Yellow Peppers, Courgettes, Broccoli, Carrots,
- Penne pasta
- 2 tablespoons of olive or vegetable oil
- pinch of salt and pepper
- Jar of pasta sauce or 1 400g tin of chopped tomatoes
- Cheese (if desired)
- Dried herbs such as basil, parsley, rosemary or mixed herbs (if desired)

What you will need

- Baking tray
- Cheese grater
- Chopping board
- Chopping knife
- Mixing bowl
- Saucepan
- Wooden spoon

Method

1. Preheat the oven to 160°C / 325°F / Gas Mark 3.
2. Place your choice of vegetables, chopped into a large bowl.
3. Pour over the oil and the salt, pepper and herbs.
4. Mix the vegetables to coat in the oil and herbs.
5. Spread the vegetables onto 2 baking trays and roast in the oven, stirring occasionally for approximately 45 minutes, or until soft and turning golden.
6. Cook the pasta in boiling water for 12-15 minutes until it is soft.
7. Drain the pasta and add the pasta sauce or chopped tomatoes and the roasted vegetables to the pasta.
8. Stir and cook gently for 2-3 minutes.
9. Sprinkle with grated cheese (if desired).

Serving suggestions

Add grilled and chopped sausages or roasted and sliced chicken for a meat-eaters option